

## INTERNET ADDICTION AS THE RESEARCH SUBJECT OF PSYCHOLOGY

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### ABSTRACT

This article focuses on the subject of internet addiction as the research subject of psychology. The article also provides an overview of the role of the Internet in the community, Internet and young people, Internet dependency, psychological characteristics of dependency, psychological traits originating dependency, types of dependency, psycho-prophylactic issues of the Internet dependency, and scientific concepts of scientists on the phenomenon of dependence.

**Keywords:** Internet, globalization, spider web, addiction, dependency, internet dependency, youth, website, virtual universe, carpal tunnel syndrome, computer games, attraction, interactive games, psychoactive substances, morale, self-management, psycho-prophylactics, psychological protection.

### INTRODUCTION

Nowadays, the new look of people, society and state is associated with modern information technologies. Especially in the context of democratic development mass media, in particular, making the Internet an active subject of politics is becoming increasingly important. Studying these features of the phenomenon of the Internet based on the research subject of political science plays an important role in the identification and elimination of problems in the future. Indeed, the state and civil society institutions, mechanisms of public control, and the forms of political participation of citizens are changing in our country, and the information characteristic of the Internet is becoming more and more political. From this perspective, Internet promotes the equilibrium of globalization trends in the IT space. On the other hand, it allows for the diversification of differences in the rates of technical development of different countries. First of all, it is connected with the fact that not all countries, due to their economic development, can develop massive access to the network. Ergo the main indicators of the Internet development are now becoming a mirror that combines key social development priorities and reflects the modern state of the economy and technology. Therefore, the internet should be considered as continuation of living environment that can meet people's social needs, including communication needs. There are about 22 million mobile users in our country. On an average there are 4 mobile phones in each family. The number of Internet subscribers in Uzbekistan has grown by 18.3% compared to the previous year. Nowadays this group consists of 12 million 100 thousand people. According to the analysis, 90 percent of the younger generation addresses the Internet, which is called the "spider web" as the main source of information. Of course, there are a few positive factors like this network is convenient source of information, easy way to find any information instantly, and get access to the another part of the world in seconds. At the same time, it is impossible to overlook that the number of users who is using this unlimited advantage of modern information and communication technologies for their own mischievous

intentions. International experts have found that 38 percent of world-wide children are perpetually visit violent websites, and 26 percent of children monitor nationalistic web pages. Taking into account that the number of Internet users in Uzbekistan is constantly growing, and most of them are young people, it must make all of us more aware and vigilant. This requires from youth, propagandists and parents additional vigilance, awareness and further widening of the ideological immune system of the younger generation. We know that many sites and networks are filtered in large amounts and this can be watched in many countries. Obviously, it's hard to keep people away from the dangers of various forces in the Internet, with unnecessary and negative information, through restrictions or filtering, and it can only be temporary.

## LITERATURE REVIEW

As the First President of the Republic of Uzbekistan I.A.Karimov stated, "... in order to prevent the emptiness of the young people in the spiritual world, we must form a healthy lifestyle and respect for national and nation-wide values from the very beginning of childhood" [1,113]. Nowadays, we can conclude that threats resulting from the publicity of our society have more social characteristics than military ones. This is about the news wars and inequality in numbers. In the first case, people are becoming captives of inconspicuous controlling technologies. In the latter case, the new type of social discrimination, by the degree of information attendance, is evolving. In addition, cyber-terrorism, the management of the purposeful behavior of active users of the network, adjoining functional units which are not envisaged in the documentation to the hardware and software products, development and dissemination of programs for the disfunctioning of information and information telecommunication systems, including information security systems, as well as the ability to keep track of information on the communication lines, fathoming gained material, shoving fraudulent information by other countries and there are many other similar cases. It's right that Internet has many aspects and directions of practical usage in addition to the above complex situations. It turns it into an important network of social practice transformation. Because only development of the Internet has led to the accumulation of virtual clones of new social, traditional practices connected with labor, education and leisure activities, consumerism, political, traditional and social practices of communicative activities. After reaching independence, access to information flows was opened wide. Naturally, still "information hungry" population started consuming the information without any assortment. They did not distinguish between good and bad, necessary and unnecessary information - in a word, there was no perception of the population to differentiate evenhanded from deceptive ones among the huge flow of information. Consequence from this is specially the case today. This sometimes provokes the recognition of any information in our youth as absolute truth:

1. The effect of the Internet;
2. Entry of foreign, infringement ideas (for example religious extremism, nationalism, racism, and sadism);
3. Influence on the youth of the ideas suitable for the West, but inappropriate for the Uzbek mentality (clothing, smoking, piercings, tatoos and etc.);
4. Influence of pornographic information on youth education;
5. Unverified information (falsehood) is taken into account.

In finding a solution to the problem, attention should be paid to not violating human rights. Using the prohibition should be avoided. Different nations and nationalities are using the Internet. Naturally, the simple information for one does not correspond to the cultural traditions of the other. It doesn't matter how much the government tries to solve the problem by itself or

by adopting laws, it's very hard to do on its own. Parental control is the only way to liquidate or, more precisely, reduce the scarcity of information flows that affect young people's spirituality. They need to know what their child is getting from the Internet. In developed countries, many filtering technologies have been created to do parental control. There are three types of filtering software: "blacklisted" (access to the listed sites is blocked, a "whitelist" (only accessible to the list of resources), "neutral marking" (creating a rating of "bad" sites, user decides himself which sites are bad and which are not).

Of course, these methods are more suitable for parents who have computers at home. But it can also be used in Internet cafes. Such technologies should be brought into Uzbekistan and the overall problem should be studied more seriously. In this regard, a number of social researches are being studied in the system of social sciences. In addition, the psychological problems of young people's commitment to the internet, the psychological factors that lead to depression and the ways to overcome them are among the contemporary issues of modern psychology.

The concept of "addiction" is English, and "addiction" means a habit, dependency, bondage [2,89]. The issue of human dependency on the Internet is one of the most commonly considered issues of modern psychological research, and its research is to investigate the causes of a number of negative behaviors that are in the human behavior.

Everyone is the subject of many social, economic, political, legal, and ethical influences that are attributed to a particular social relationship that is inherent to his age.

At present, computer technologies have a significant impact on young people's culture and became an integral part of their lives. The unprecedented growth of society's demand for computer technology and information demands a broader age, gender, pedagogical and psychological study of this problem. The pupil of the school and the role of the computer in his activities are of great importance. Nowadays one of the tools for organizing leisure activities is the computer. In this regard, the problem of young people's access to computer games and the Internet, and the impact of computer games on youth, causes great interest and discussion.

The role of Internet addiction in the youth environment and the widespread use of the Internet in the youth subculture suggest that they are of particular importance in the younger age. We believe that Internet-focused young people will be able to overcome the socialization of some young people and the crises that are typical for the younger age. It's also worth noting that in recent years, research on the problem of youth access to the Internet and computer games has increased. But the role of the Internet in the cultural environment of young people and the problem of dependency among some young people have not yet been fully studied.

## **METHODOLOGY**

The concept of Internet addiction appeared in the mid-90's. Psychologists say that this malicious habit stemmed from the development of technical means and classified it into types of "emotional" drug abuse. [3,66] In western countries, the term "pathogenic use of computers" didn't come in vane, and its geography continues to increase.

The actuality of the problem of Internet addiction can be seen in the fact that the number of young people diagnosed with this disease is increasing day by day. A number of psychopathic changes, such as psychoactive substance abuse, can be observed, such as pathological

dependence, tolerance increase, abstinence syndrome, personality traits change, and so on. There are also studies showing that pathogenetic mechanisms of psychotropic drug addiction and Internet addiction are one.

In the case of addiction a few contradicting facts can be observed. Some researchers say that the Internet has increased the quality of logical thinking, learning activity, attention, emotional features, emotional circles, memory, personality competitiveness and collaboration, and Internet addiction causes being in new situations, by this helps to increase creativity of young people. On the other hand, some say that Internet increases aggressiveness, aggressive behavioral acts and disturbance. These contradictions, computer and internet games have been thoroughly studied by numerous scientists.

Despite the issue of Internet dependence has become increasingly acute in recent times, it should be noted that there is no conducted serious research among local psychological researchs concerning this topic. In foreign researchs, the followings are factors that contribute to the Internet addiction: [4,169]:

1. Motivation to join the virtual acquaintance;
2. The need to participate in online shopping and virtual auction tenders, lottery contests.
3. Unlimited downloads of information over the Internet;
4. "Fighting games" - getting addicted to computer games and so on.

It should be noted that computerization in all areas of human life is one of the most important achievements of the last quarter of the 20th century. The computer is an integral part of the modern lifestyle of young people. Young people's new interests are evaluated in two ways: on the one hand, there is a habit in the community to be proud with the broad range of computer functions and on the other hand, the number of horrifying videos on mass media illuminating negative impact on the psyche of young people of the Internet and computer games enlarged. Some computer games increase aggressive behavior in young people, and increase interest in war and violence and religious extremism.

However, the symptoms of falling into the influence of computer systems have been investigated by researcher Yu. Cemberle classification is as follows [5,24]:

1. Obsessional desire to check e-mail;
2. Waiting for a regular Internet connection;
3. Spend a lot of time on the Internet;
4. Large money spent on the Internet, except for researchers, scientists, teachers,

advanced firms, and some public officials. Apart from this, the addiction phenomenon can be characterized as follows: psychoactive substance abuse, alcoholic beverages, food, entertainment, sexual acts, religion and religious sects. Despite the differences in the appearance of the addiction species, there are principally general psychological mechanisms in their behavior.

Person`s addictive behavior is manifested in the desire to change his psychophysiological condition. It may seem like he is struggling with himself but it ends up with losing control of himself. Universal values, social norms and values, various fields of activities lose their individual meaning for young people with addictive behavior. Communicative relations needed to establish the social cultural norms (reading, employment, family life, etc.), emotional relationships with people are considered superficially by addicts.

Researcher K. Yang Identifies the psychological symptoms of PC dependence [6,101]:

1. Finding a prosperity or a new life on a computer;
2. Do not stop sitting on a site regularly;

3. Increased amount of time spent on the computer;
4. Neglecting family and friends;
5. Feeling emptiness, depression and threat on the computer;
6. Providing employers or members of their families with false information about their activities;

7. Problems with work or study and so on.

Also, physical symptoms that arise in the body as a result of computer addiction:

1. Carpal tunnel syndrome (overloaded muscle tension or arm tension);
2. Humidity reduction in the eye;
3. Frequent headache;
4. A pain in the lower part of the body;
5. Unplanned diet;
6. Personal Hygiene Disposal
- ;7. Disorder of sleep time [7,134].

These classifications are psychological factors that explain computer dependence, and the prevention, prophylaxis programs are at the focus of psychologists and sociologists in the world community. And many international scientific-practical conferences and symposiums are being held among universities.

Researchers from the University of Pittsburgh, Germany, which is a leader in this system of work, are doing significant work. In particular, according to a university's survey, students have identified five factors that cause the internet addiction: they are:

1. Multiple cyber sex sites;
2. Interactive games, membership to the groups on different topics and making friends;
3. Excessive auctions and gambling;
4. Means of attraction on Web sites;
5. Online games [8,27].

Indeed, factors mentioned above increase youth addiction and regular motivation to work online. Psychoprophylactic software, offered by psychologists, should provide the following:

- Use of Internet resources in morale and educational process will allow students to learn the values and ethics and to keep them alive;
- to create creativity, imagination, fidelity;
- to cultivate tolerance, mutual respect, and wisdom;
- self-sacrifice, self-criticism, good behavior, responsibility;
- to increase efficiency, goal-orientedness, organizationalism, thirst for knowledge;
- to grow industriousness and skillfulness;
- right attitude towards neatness and ecology;
- It is desirable to form a personal traits such as patriotism, social duty, humanism.

## CONCLUSIONS

In summary, the addiction of young people in computer games and the Internet system is caused by the interest to virtual adventure, leaving youth without supervision, that is parents are completely occupied with their own problems, family conflicts. Such families have psychological tension. Young people flee from this environment and spend their time in the virtual world.

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